IN THE SPECIFICATION:

Please replace the Abstract of the Disclosure with the following:

A method and apparatus exercise a battery of an implantable medical device by determining whether a film is disposed on a portion of an electrode of a battery, discharging the battery a sufficient amount to reduce the film, and optimizing energy used during exercising the battery. The apparatus includes a battery having an electrode that develops a resistive film and a low deformation rate capacitor capable of storing a charge from the battery, the capacitor requiring few or no periodic discharges of the battery for reformation. The energy from the battery is periodically discharged into the low deformation-rate capacitor to reduce film buildup on the electrode.